



 **10%**
HEALTH SCORE

Blue Cheese Beef Tenderloin

 **Gluten Free**

READY IN



90 min.

SERVINGS



8

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound frangelico whole
- 4 ounces cheese blue crumbled
- 2 cloves garlic chopped
- 0.3 cup mayonnaise
- 0.5 cup red wine
- 0.7 cup cream sour
- 0.5 cup teriyaki sauce
- 1.5 teaspoons worcestershire sauce

Equipment

- sauce pan
- oven
- broiler pan

Directions

- Place beef in a shallow dish.
- Combine teriyaki sauce, red wine and garlic; pour over beef. Allow beef to marinate in refrigerator for 30 minutes.
- Preheat oven to 450 degrees F (230 degrees C).
- Place tenderloin on broiler pan, and cook in preheated oven for 15 minutes. Reduce heat to 375 degrees F (190 degrees C), and cook for 30 to 40 more minutes, or to desired doneness. Allow to set for 10 minutes before slicing.
- In a saucepan over low heat, combine blue cheese, mayonnaise, sour cream and Worcestershire sauce. Stir until smooth; serve over sliced tenderloin.

Nutrition Facts

 **PROTEIN 10.99%**  **FAT 77.5%**  **CARBS 11.51%**

Properties

Glycemic Index:15.25, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:3.9317390789156%

Flavonoids

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0.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 182.21kcal (9.11%), Fat: 14.78g (22.73%), Saturated Fat: 5.68g (35.49%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 4.9g (1.78%), Sugar: 3.53g (3.92%), Cholesterol: 25.86mg (8.62%), Sodium: 932.97mg (40.56%), Alcohol: 1.59g (100%), Alcohol %: 0.81% (100%), Protein: 4.72g (9.43%), Vitamin K: 15.93µg (15.17%), Phosphorus: 104.38mg (10.44%), Calcium: 103.21mg (10.32%), Vitamin B2: 0.11mg (6.33%), Selenium: 3.32µg (4.74%), Vitamin A: 234.88IU (4.7%), Magnesium: 18.38mg (4.6%), Potassium: 133.67mg (3.82%), Vitamin B12: 0.22µg (3.74%), Vitamin B5: 0.37mg (3.71%), Vitamin B6: 0.07mg (3.4%), Zinc: 0.5mg (3.36%), Iron: 0.52mg (2.91%), Vitamin E: 0.42mg (2.77%), Vitamin B3: 0.44mg (2.19%), Folate: 8.42µg (2.11%), Manganese: 0.04mg (1.82%), Copper: 0.04mg (1.75%), Vitamin B1: 0.02mg (1.15%)